



ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

VOL. 27 NO.7

AUGUST 1990

Women's Equality Day, Aug. 26

- * In 1872, Susan B. Anthony and several other women were arrested for voting.
- * The Women's Suffrage Amendment, to give women the right to vote, was first introduced in Congress in 1878 and then reintroduced every year for the next 40 years.
- * In 1890, Wyoming became the first state to give women the vote.
- * In 1916, Jeannette Rankin of Montana became the first woman elected to the U.S. House of Representatives.
- * By 1917, 30 states allowed women to vote.
- * The 19th Amendment was ratified on Aug. 18, 1920, and was certified by the secretary of state eight days later. An amendment is ratified when it receives enough votes to pass and is certified when it is determined that the count was correct.

See story on page 9





Corbin's Comments by Col. James E. Corbin



Hi! It's me again - I'm back!

For those of you who didn't know, I just spent the last two weeks in upper Michigan (7 day weeks/24 hour days) evaluating the Michigan National Guard's active training phase. Temperatures were 40s and 50s at night and 60-80s during the day. Except for the hours, it was an enjoyable, although not needed,

break.

They are a good outfit, but it's better to be back with the best outfit I know!

Before I left I approved restructuring of some of the technical elements of the District, put others on hold for a relook and disapproved some. Next step is to work the admin. staff and special staff to see what makes sense there. I realize it takes far too long, but there doesn't seem to be a faster method. In all cases we were looking at upgrades to right what are operational inequities. In some cases we will compete positions, in others we will upgrade the individual in the job. As usual the "rumor mill" is operating at peak efficiency, and with the usual 25 percent fact rate. As always, some "selective listening" has occurred. Don't know how to get around/through that problem. If you have heartburn (some do and some should), or concerns (many do), then come see me.

The intent is to begin to streamline the District based on the future, doing the least damage and the most good that I can. Since we have been unable to develop the volume of work needed over the past 20 years to sustain us through the 1992-1997 period, we

must prepare now or run into disastrous problems then. By using attrition (retirements, etc.) now, smartly, we can avoid disaster later. Will lay out for you in a separate letter specific moves and future plans so you all can see exactly what we are facing. In the meantime, we will continue to aggressively go after work, hazardous and toxic waste, environmental and other.

I had hoped that the Corps as a whole would realize that we represent opportunity and capability as we begin to wind down on Mel Price, not structure. Regretably the "peace dividend" of winning the Cold War has put large sections of the Corps of Engineers involved in military oriented construction at considerable risk. While I know nothing more than you about events in those portions of the Corps, that concern impacts directly on our ability to gain traditional work. That's the reason you have seen me push harder and harder for nontraditional type work. That has been compounded by the Corps reluctance to accept the Recreation Role that has been thrust on us by the American People. Bluntly, the future is still very very uncertain; so, we have to begin to restructure now. If we wait for three or four more years we will certainly be thrust into a RIF situation that none of us want. More on all the above later. Hang in there! We, and many above us, are working extremely hard to stabilize things!

On a happier, more positive note, I want to compliment all of you, and most particularly our "District safety officers" on the fantastic improvement this year in all areas. We have beaten every five-year safety average by a factor of two and most of last year's averages by factors in excess of two. That's more than just luck - **THAT REPRESENTS A REAL COMMITMENT BY ALL OF YOU.** Thanks! Now let's stay after it the last two months and continue the superb performance next year. Remember the life or the limb you save and suffering you alleviate

(Continued on page 15)



US Army Corps of Engineers
St. Louis District

ESPRIT is an unofficial publication authorized under the provisions of AR 360-81. It is published monthly, by contract, in 1450 copies, by the Public Affairs Office, U.S. Army Engineer District, St. Louis. Views and opinions expressed in this publication are not necessarily those of the Department of the Army.

District Commander.....James E. Corbin.
Act.Chief, Public Affairs.....Chuck Franco
Editor, Design, Layout.....Ken Kruchowski
Assistant Editor.....Mary Lou Lawson
Address mail to: U.S. Army Engineer District, St. Louis, ATTN: CELMS - PA, 210 Tucker Blvd, North, St. Louis, MO 63101-1986. Phone: (314)263-5662.



RAY Building update



I am sure every employee relocating to the RAY Building has visited their area. It will be different than what we have been used to, especially with systems furniture. There have been problems with GSA supervising the systems furniture contract, but that has been corrected and changes will be made to meet code requirements.

It is important that everyone

settle into their new location and "live" in it for thirty days to get used to it. At that point I will be asking for feedback on problems. We know there will be changes due to reorganizations and these will be addressed.

Everyone must understand that they cannot make changes to the systems furniture themselves, regardless of how easy it may seem. Changing one station affects those around you. We will have an open end contract with a company to make all the changes for us and they will be responsive.

Have patience and everyone's concerns will be addressed. Be sure to call the appropriate staff office for assistance and not make changes yourself. Call IM for computer problems and LM for furniture problems.

Make the best of the move by getting organized. "Recycle" what you do not need. Look at it as an adventure and understand it will take time to address everyone's requirements.

Major Brontoli

Humphrey Construction Inspector of the Year

Frank Humphrey, RO-SU, has been selected as the 1990 Construction Inspector of the Year for the St. Louis District. He is representing the District at Division level as Inspector of the Year. During the past 12 months Frank has been the Quality Assurance Representative for five contracts worth \$2.6 million.

He has been sighted for high quality work in many phases of quality assurance. The implementation and documentation of the three phase inspection system on his contracts is so thorough they could be used as models for other quality assurance representatives.

The completed product on his contracts need very few corrective items. His positive relationship with fellow employees, contractor personnel, other government agencies and the local public have garnered many letters of appreciation. There have been no lost time accidents and no reportable accidents on any contract he has been assigned to.

Frank volunteered for a 60-day TDY at the Charleston District to assist with the Hurricane Hugo cleanup.

The District is proud to have Frank Humphrey represent it as Construction Inspector of the Year.

Carry that load safely

Since we're in the throws of moving, a lot of you are doing some lifting you may not be used to. There's a right way and a wrong way to lift those boxes of papers and supplies. Here's a few hints on how to lift and carry that might save you some pain.

* Bend your knees and keep your back straight when lifting or lowering boxes, even if you think they don't weigh much. The weight can fool you.

* Keep the load close to your body to take advantage of the mechanical leverage of your body.

* Don't block your vision by carrying too large a load - get help if you need it.

* Don't change your grip on the load unless its weight is supported.

* Avoid twisting your body if you must change direction. Move your feet instead. Face the spot where the load will rest by turning your feet and whole body in that direction.

* Be careful with fingers and toes. Allow enough room for them when the load is set down.

* Slide the load into tight spaces - it's much easier and safer than trying to lift it.

* Place the load on a bench or table by resting it on the edge and pushing it forward with your arms and body.

* Be sure the load is secure wherever you place it. Make certain it won't fall, tip over, roll, or block someone's way.

Hope everyone survives the move in good shape.



Fit to Win Quarterly Report

The third quarter of FY90 saw the beginning of a number of new and exciting Campaign Life health education and incentive programs in the District. All have been well received. More programs are planned for the fourth quarter. It is the goal of the "Fit to Win" program to continue to reach more and more CE employees throughout the District.

May marked the start of several different Campaign Life programs. The first was a Lyme disease training program that kicked off the health education portion of "Fit to Win." To date, six lectures have been given by the "Fit to Win" exercise physiologist at four different sites. A total of 188 CE employees have attended the lectures with an average of 31 participants per class. This is about 20 percent of the total CE work force. That figure should increase with more Lyme lectures planned for the fourth quarter. Lyme disease informational pamphlets were distributed to each District employee.

May was also the start of two Eat for Life weight loss classes. The classes began April 25th and ended June 28th. Seventy people initially registered for the course, with 55 attending the introductory class. The total class attendance for the two 10-week classes totaled 280, with an average per class of 14. Of the initial 55 class members, an average of 67 percent attended the first five sessions, and an average of 21 percent attended the final five sessions.

In conjunction with the weight loss classes, a 10-week incentive program called "The Fit to Win Weight Loss Contest" was also started. A total of nine teams,

made up of 48 employees, took part. Weekly exercise and nutritional information was supplied to participants as well as team weight loss updates. Team captains were required to motivate members and report back to the "Fit to Win" exercise physiologist on a weekly basis with weigh-in information. The top seven-person team was a group called the Rollers from Melvin Price Lock and Dam. They lost 91.50 pounds, an average of 13.07 pounds per participant. The second place team, called The 8th Floor 1500, lost a total of 72.75 pounds, an average of 10.82 pounds per person.

Another fun and motivating event held Wednesday, May 16th, was National Employee Health and Fitness Day. A variety of events were originally planned throughout the District to help celebrate NEHFD, but unfortunately, heavy rains and flood conditions caused many of the activities to be either rained out or postponed. Despite the poor conditions, a total of 134 employees have now taken part in some type of NEHFD activity. The most recent make-up event was a lunch time walk held at Lake Carlyle on June 28th, attended by 36 employees. The 134 participants represent about 13 percent of the District.

Also starting for the first time in May was the "Fit to Win" lunch time aerobic walking class. Nineteen people took part in the class, which met 20 times over a seven week period. A total of 109 exercise sessions were recorded with an average class attendance of six people.

The Campaign Life theme for June was Skin Cancer Prevention. In conjunction with this theme a

skin cancer prevention lecture and screening was organized by the "Fit to Win" exercise physiologist. Dr. Wallace Berkowitz, a skin cancer specialist from Lutheran Hospital, provided the program, which was attended by 72 employees. Of those 72, 39 were provided with one-on-one screenings by the physician. Because of a continued demand for this type of service, another screening is planned for July, with an additional 20 employees requesting appointments. A total of 2,000 educational pamphlets were also distributed throughout the District in conjunction with this program.

Exercise testing within the "Fit to Win" program is continuing at a steady pace, but has yet to meet initial projections. Totals for the third quarter are as follows: Initial Phase I exercise tests = 15 (includes one maximal GXT), Phase II and III retests = 44, Chem screens = 40, Miniphysicals = 6.

Recycling update

The Corps slogan, Essayons, has proved true again.

A pilot paper recycling program was implemented without really knowing how the District employees would respond. Guess what -- participation is overwhelming. We are shipping away more than 3,000 pounds of paper per week to be recycled.

Chances are good we will exceed our goal of recycling ten tons of paper before the RAY Building move.

Many thanks from the Corps Recycling Team.



Promotions & Incentive Awards

**PROMOTIONS:**

Earl Ehlers, ED
Stevenson Ellis, OD
Michael Feldmann, CD
John Gaal, ED
Brenda Hamell, PO
Katharine Hayes, IM
Rozann Heininger, OC
Patricia Hosford, CD
Lawrence Jenneman, RE
Dixie Pickett, PO
Oleva Robinson, PO
Roger Siller, IM
Bradley Stamp, OD
Mary Williams, PO

PERFORMANCE AWARDS:

Mark Andreasen, OD
Barbara Burgess, DC
James Burns, CD
Deann Chambers, DC
Robert Crocker, OD
Edward Ewing, PD
Cynthia Gan, RE
Clyde Hopple, ED
Michael Houser, PM
Carl Huber, CT
Laurel Lane, PM
Christine Leffeler, CD
Ronald Lindsay, PM
Roger Loughridge, OD
Wayne Miller, PM
David Mueller, CD
Martha Plyler, DC
Daniel Ragland, PD
Marilyn Sanderlin, DC
Elaine Sombright, DC
Lori Weber, CD

Joann Will, DC
Robert Williams, OD
James Zerega, PM

QUALITY STEP INCREASES:

Donald Coleman, ED

EXCEPTIONAL RATING:

Michael Abernathy, OD
Artemio Basuel, OD
Timothy Brophy, PD
Sharon Cotner, PM
Sandor Dombi, ED
Kathy Engelmann, PD
Barry Fehl, ED
Chuck Franco, PA
Walter Fredley, CD
Richard Hagan, ED
Chien Hsieh, ED
Margaret Hurst, CD
William Jones, OD
Dawn Kovarik, OD
James Lampe, OD
Laurel Lane, PM
Ronald Lindsay, PM
Robert Mesko, ED
Paul Roberts, ED
Thomas Ruf, ED
Helen Schleipman, DC
David Shaw, ED
Donald Sweeney, PD
Kent Thomas, OD
Walter Wagner, ED
Ezra Williams, OD
James Zerega, PM

SPECIAL ACT AWARDS:

Tamara Atchley, ED
Victor Behrman, ED

Alan Berman, ED
David Busse, ED
John Cannon, OD
Donald Coleman, ED
Michael Crain, OD
Michael Cullen, OD
Edward Demsky, ED
Gregory Dyn, ED
Emmett Hahn, OD
Michael Hamm, ED
Elbert Haskett, ED
Robert Holt, Ed
Robert Johnson, ED
Warren Jones, ED
Robert Kelsey, ED
Raymond Kopsky, Ed
Richard Kozeny, ED
Gary Lee, Ed
Sharon Leeker, IM
Robert Lutz, ED
James Lynch, OD
John Marzec, OD
Richard Mills, ED
John Naeger, ED
Thomas Niedernhofer, ED
Raymond Portwood, OD
John Poullain, ED
Kathleen Queathem, OD
Edward Riiff, ED
Aloysius Saller, ED
Dawayne Sanders, ED
Lucille Schulze, PO
David Shaw, ED
James Soehngen, ED
Melbourne Stohl, ED
Claude Strauser, ED
Willie Stroud, ED
Matthew Struckel, OD
Janet Ulivi, ED
Lawrence Whitt, ED



On the Soapbox

Telling the District's story this month were:

Around the District

Terry Norris, PD-A, presented two talks to about 200 visitors to the Marion and Ralls County Archaeological Society display at the M.W. Boudreaux Visitor Center at Mark Twain Lake.

Claude Strauser, ED-HP, spoke to 150 people attending the GROWMARK 1990 Summer Marketing Conference. Claude discussed how recent river events and their grain marketing businesses were impacted by Corps of Engineers locks and dams and reservoirs. Grain dealers from throughout the Midwest attended the conference.

Riverlands Office

Riverlands Area Manager, Pat McGinnis, and Public Information Ranger, Anne Vieira, were special guests on the call-in radio program, "Let's Talk," the morning of July 18th. "Let's Talk" originates from WBGZ in Godfrey, Illinois.

McGinnis also addressed 50 Ducks Unlimited area chairpersons. He updated them on Corps progress towards various environmental milestones as well as discussed partnering opportunities.

Riverlands employee Tracy Galloway was extremely busy

during July hosting tours for the American Soybean Association, Alton High School's Minority Excellence students, the Madison Farm Bureau, the Missouri Department of Conservation's Mobile Teacher's Workshop and media representatives.

Lake Shelbyville

Park Ranger Larry Gutzler and Park Aid Dee Carlock spoke about snakes to 23 pre-schoolers at the Little School House in Mattoon, Illinois.

Park Aids Toni Cyr, Carla Endsley and Jim Homann gave a program on the reptiles of Lake Shelbyville to 75 Girl Scouts at Shelbyville Forest Park.

Park Aids Krista Schwerman and Mark Ferguson gave a program entitled "The Environment and You" to 30 summer school students at Moulton Jr. High in Shelbyville.

Park Ranger Larry Gutzler was the guest speaker at a Father/Son banquet at St. Paul's United Church of Christ in Dollville. His topic was Invite Wildlife Into Your Backyard.

Park Aid Kara Hauk gave a water safety demonstration to 25 members of the Ridge Rattlers 4-H club in Westervelt.

Park Aids Toni Cyr and Carla Endsley took 15 children from the Painted Pony Day Care Center on a tour of the dam.

Park Aids Lara Johanpeter and Krista Schwerman gave a water safety demonstration to 75 Girl Scouts at Wyman Park in Sullivan.

Park Aids Kara Hauk and Krista Schwerman gave a water safety demonstration at Atwood-Hammond Library.

Park Aid Jim Homann gave a water safety talk at Mt. Zion District Library.

Park Aids Toni Cyr and Carla Endsley spoke at the Bethany Library about reptiles of Lake Shelbyville.

Park Aids Carla Endsley, Toni Cyr and Jim Homann presented a skit on water safety and fishing techniques at the Sullivan Fishing Derby in Wyman Park.

Park Aids Kara Hauk, Krista Schwerman and Mark Ferguson gave a program on reptiles of Lake Shelbyville at the Macon Library.

Park Aids Lara Johanpeter and Krista Schwerman spoke about animal homes at the Sullivan Day Care Center.

Park Aids Jim Homann and Carla Endsley took 25 youths from the Mattoon First Baptist Church on a tour of the dam.

Park Aids Kara Hauk, Toni Cyr and Carla Endsley took 40 students from the Sullivan Day Care Center on a guided nature walk at Camp Camfield.

Park Aids Mark Ferguson and Kara Hauk taught 140 Cub Scouts at Lake of the Woods in Mahomet all about snakes.

Park Ranger Larry Gutzler and Park Aid Kara Hauk put on a program about snakes for 40 members of the Taylorville YMCA at the visitor center.



Rend Lake

Park Ranger Ken Pierson was interviewed by WPSD - Channel 6 news on the newly implemented alcohol ban at Rend Lake beaches.

Park Ranger Rachel Garren talked to 44 Girl Scouts from Hamilton County, Illinois, on wildlife and careers for women with the Corps.

Park Rangers David Smothers, Kim Mayhew and Gina Carter were kept busy doing snake programs at the Sesser Library, Benton Library, West Frankfort Library, Christopher Library and the American Beauty Nursing Home in July.

Mark Twain Lake

Park Rangers Becky Ebbing, Laura Fray and Shelly Basinger participated in the Vandalia Parade. "Woodsy" (Laura) helped "spread the word" to "give a hoot."

Park Rangers Lois Balin and Brian Edmond thrilled and

amazed about 125 young Missourians with the benefits and life styles of snakes and turtles at the Mexico Public Library.

Park Rangers Lois Balin, Laura Fray and Brian Edmond promoted water safety through games and a puppet show during the Mexico Safety Town at St. Brendans Catholic School.

Park Ranger Laura Fray visited 15 students of the Hannibal Children Station to display and enlighten them about the benefits and life style of some of Missouri's owls.

Park Rangers Lois Balin and Laura Fray assisted about 60 Girl Scouts during the Mark Twain Day Camp understand the precious water cycle. "Woodsy" assisted the Girl Scouts during the "Trash-buster" program to remove litter from public land and roadways.

Wappapello Lake

Park Ranger Andrew Jefferson conducted two radio interviews on KBOA in Kennett, Missouri, on upcoming special events and public safety.

Park Ranger Doug Nichols was a guest on the "This Week at Wappapello Lake" radio program on KLID in Poplar Bluff, Missouri. Doug discussed the Amateur Power Boat Races held at Wappapello. The interpretive staff talked with more than 300 people who visited the Corps' mobile display during the racing event.

Park Ranger Dan Camden was interviewed by the Daily American Republic of Poplar Bluff on the upcoming Waterfest '90 event. Dan discussed water safety.

Stay-in-School Park Ranger Paula Thompson conducted several interpretive programs for the SEMO Youth Camp at the lake. Paula presented four programs on water safety, snakes and creatures of the night to 228 youngsters.

Carlyle Lake

Park Rangers Julie Ratermann and Angie Hasenfuss presented water safety programs to 300 Gravois Trail Cub Scouts at Jefferson Barracks.

Clinton County Fair

Carlyle Lake sponsored a booth at the Clinton County Fair. The booth was open for five evenings. The lake also entered a float in the fair parade. About 10,000 people watched the parade.

New Carlyle staff

The Carlyle Lake Management Office staff has three new additions: Assistant Park Manager Dick Conner, Park Ranger Ron Gosselin and Budget Clerk Janine Hegger.

(continued on next page)

NEWS BRIEFS

Indian Culture Day

Carlyle Lake Indian Culture Day attracted about 600 people. The special event featured a teepee display, basket weaving, flint knapping, an arrowhead display, an appearance by "Woodsy Owl" and early American programs by Park Ranger Angie Hasenfuss.

Fireworks display

The 4th of July fireworks display held at Carlyle Lake drew about 25,000 people. All enjoyed the 35 minute display. "Woodsy Owl" even came to see it.



NEWS BRIEFS

Continued

Riverlands spotlighted

The Riverlands Area Office was spotlighted in the July issue of the national *Audubon* magazine. The article, by noted outdoor writer John Madson, was titled "Green Suits, Gray Suits and White Hats." The office garnered six front-page articles as well as a favorable editorial in the Illinois media during July. It was also featured in the Post-Dispatch and on KSDK-TV as a result of the falcon release press conference held June 27th. Watch for the office to be featured on KPLR's "All Outdoors" program near the end of August or beginning of September.

Scouts build trail

Park Ranger Kevin Thompson worked with nine Boy Scouts from Marceline, Missouri, to construct a hiking trail in the M.W. Boudreaux Group Camp area at Mark Twain Lake. The trail work enabled the Scouts to receive a conservation award. The trail will first be used during the 3-D Archery Tournament on August 26, cosponsored by the Mark Twain Lake Management Office and the Mexico Archery Association.

Rodeo and fireworks

The Third Annual 4th of July Mark Twain Lake Rodeo and Fireworks attracted about 13,000 visitors to the Spillway Recreation Area below Clarence Cannon Dam. The rodeo was voted the best rodeo in Missouri by the Missouri Rodeo Cowboy Association the past two years.

Sandcastle contest

Park Ranger Becky Ebbing coordinated the Fourth Annual Sandcastle Building Contest at the Spalding Recreation Area at Mark Twain Lake. The 19 sand sculptures were created by 42 "kids," ranging in age from 5 to 45 years old. Park Rangers Brian Edmond and Chuck Crocker assisted with the water safety games and puppet show.

Music at Mark Twain

Park Ranger Diane Hellhake coordinated the July Special Display series in the M.W. Boudreaux Visitor Center at Mark Twain Lake. Musical demonstrations were performed. Old time country harmonic music, patriotic tunes and dances and a dulcimer musical demonstration were also performed.

Artifacts display

Park Ranger Diane Hellhake coordinated the M.W. Boudreaux Visitor Center display of the Marion and Ralls County Archaeological Society at Mark Twain Lake. The society's members displayed their artifacts and shared their knowledge of early people of the area.

Safety placemats

The Mark Twain Lake Management Office in conjunction with Hardee's Restaurant in Monroe City, Missouri, has found a way to put water safety in front of hundreds of people every day. The message is in the form of a Water Safety Facts placemat. This program is going to expand to other Hardee's in Quincy, Hannibal, Palmyra and other areas. About 3,000 people a day will get the message.

Rend fireworks

More than 11,000 people packed the main dam at Rend Lake to watch the Benton Fire Department fireworks display on the 4th of July. The Rend Lake Rangers were kept busy directing traffic all day, helping visitors, answering emergency calls, giving first-aid and looking for lost children. The fire department's three day event also featured nightly entertainment, a large carnival and a circus.

Arts & Crafts Fair

The first Rend Lake Arts and Crafts Fair attracted about 9,000 visitors and 50 vendors. This event, sponsored by Rend Lake Promotions, Inc. and the Illinois Department of Conservation, promises to be an exciting annual event.

L&Ds get thankyou

The District recently received a thank you note from a pair of canoeists who canoed the Mississippi River system all the way to New Orleans. The note reads as follows: My partner and I would like to thank all the good people with the lock and dams system. We canoed to New Orleans (made it July 20th) and were treated with kindness by lock and dam personnel. Signed Tim Roediger and Jerry Collins.

Nature van

The Lake Shelbyville Nature Van has been busy. More than 1200 people went through it at Mattoon on the 4th of July and it attracted more than 2,000 during its three day stay at the Findlay Walleye Festival.



Women's Equality Day - 26 August

The 19th Amendment to the Constitution of the United States says: The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex.

Women's Equality Day, August 26, 1990, commemorates the passage of the 19th Amendment in 1920, granting women the right to vote.

On July 19 and 20, 1848, more than 300 women and men assembled at the Wesleyan Chapel in Seneca Falls, New York, for the first Women's Rights Convention. The first "Convention to discuss the social, civil and religious condition and rights of women" was the formal beginning of the women's rights movement still in progress in America today.

The convention was called because five courageous women, Elizabeth Cady Stanton, Lucretia Mott, Jane Hunt, Mary Ann McClintock and Martha Wright, felt the need to publicly address the grievances of women.

Many factors contributed to the success of the Convention including the industrial revolution, the prevalent spirit of reform and the movement west. It was more than seventy years later, in 1920, that the 19th Amendment was added to the Constitution of the United

States. In fact, women have only been allowed to vote in national elections for a little more than fifty years.

When the Constitution of the United States was written, it gave the right to vote only to white male property owners, at least 21 years old. It was a long struggle to make the United States a more democratic country. Many people faced ridicule, hostility and violence because their attempts to change the voting laws.

In 1916, when the National

Democratic Convention was held in St. Louis, Ms. Edna Gillhorn, as Director of the National Suffrage Association, played a key role in the suffrage movement.

She helped organize a dramatic demonstration called the Golden Lane. Seven thousand women wearing yellow sashes and carrying yellow parasols lined both sides of the street leading to the colosseum, a veritable gauntlet

through which delegates to the convention had to walk. Gillhorn was also a board member of the St. Louis Women's Suffrage League. The league petitioned the legislature, held political rallies, collected signatures and publicized the cause.

In 1919, the National Suffrage Association chose St. Louis for its jubilee convention. Ms. Edna Gillhorn took charge of planning and directing for this meeting.

During the convention news came that the Missouri State Legislature had just passed a presidential suffrage bill for women, prompting delegates to consider the future role of women in politics.

Ms. Carrie Chapman Catt called on the women in America to "Raise up a League of Women Voters." Ms. Gillhorn served as the first President of the Missouri and the St. Louis League of Women Voters.

For more information, past and present, on courageous women who fought for the right to vote, visit the CASU Library and Information Services, First Floor, or your local library.

Federal Women's Program Manager

Norma J. Hall



Democratic Convention was held in St. Louis, Ms. Edna Gillhorn, as Director of the National Suffrage Association, played a key role in the suffrage movement. She helped organize a dramatic demonstration called the Golden Lane. Seven thousand women wearing yellow sashes and carrying yellow parasols lined both sides of the street leading to the colosseum, a veritable gauntlet



Coming events at the lakes

MARK TWAIN LAKE

August 11-12 - Annual Water Safety Carnival
August 26 - Archery tournament
September 22 - National Hunting and Fishing Day

WAPPAPELLO LAKE

October 6 - Fall Festival, National Hunting and Fishing Day, Pioneer Arts and Crafts Show

CARLYLE LAKE

August 19 - Water Sports Festival
September 22 - National Hunting and Fishing Day
October 19-21 - Okaw Valley Council Boy Scouts

25th Anniversary Camporee (Coles Creek Recreation Area)

REND LAKE

August 11 - Pioneer Life Festival
September 15 - Take Pride in America Lake Cleanup

LAKE SHELBYVILLE

August 9-19 - Illinois State Fair
August 18 - Okaw Indian Festival
September 1-2 - Controlled dove hunt
September 29 - National Hunting and Fishing Day
October 4 - Eco-Meet

Accident summary

PERSONAL INJURIES - GOVERNMENT EMPLOYEES - JULY 90: None
Total accidents for FY90: Seven
Total accidents for FY89: Twenty-one

PERSONAL INJURIES - CONTRACTOR EMPLOYEES - JULY 90: None
Total accidents for FY90: Four
Total accidents for FY89: Five

GOVERNMENT VEHICLE ACCIDENTS - JULY 90: None
Total vehicle accidents for FY90: Two
Total vehicle accidents for FY89: Two

LAKE FATALITIES - JULY 90: One
Total lake fatalities for FY90: Three

Wappapello Lake - 1
Carlyle Lake - 1
Lake Shelbyville - 1

A 24 year old male drowned when the boat in which he was a passenger collided with another, causing him to be thrown from the boat. He was not wearing a PFD. His body was recovered two days later.

Total lake fatalities for FY89: Six

Mark Twain Lake - 1
Lake Shelbyville - 2
Rend Lake - 1
Wappapello Lake - 2





Army, Interior, Fish & Wildlife tour Upper Mississippi River

Editor's note: The following are excerpts from the Upper Mississippi River Conservation Committee News Letter.

At the invitation of Congressman Steve Gunderson, Wisconsin, Assistant Secretary of the Army, Robert Page, Assistant Secretary of the Interior, Constance Harriman, and Fish and Wildlife Service Director, John Turner, took a whirlwind tour of the UMR on June 1. Their half day schedule included a helicopter tour of the upper pools. While in the air, they viewed and discussed HREP, dredging issues, the National Wildlife Refuge, navigation projects and data needs. They also paid a visit to the Long Term Resource Monitoring Program Environmental Management Technical Center where they learned about the monitoring program and saw the possibilities of their computer system.

A news conference and working lunch followed the tour. UMRCC Chairman, Marion Conover, kicked off several short presentations by the various organizations on the river. Conover spoke of the historical role of the UMRCC in addressing issues on river management. He thanked the Washington folks for their support of the Environmental Management Program and urged their support for full funding. He also stressed the need to start looking towards the long range future of the river. The top decisionmakers need to address environmental concerns before pressing for any capital improvements to the navigation system.

Also speaking at the lunch was Holly Stoerker, Upper Mississippi

River Basin Association, who spoke of the importance of the State-Federal partnership on the river. Also speaking were the Minnesota-Wisconsin Boundary Area Commission and the La-Crosse Area Conservation Alliance.

Congressman Gunderson said, "This is an historic day for the river, and a dream come true to have in one day the budget and policy people making decisions on the Environmental Management Program." After the other three Washingtonites committed to seeking full funding for EMP in 1992, Gunderson said that he had not given up hope for full funding in the upcoming FY91 appropriations. He also impressed upon the audience that to be successful, he would need more aggressive assistance from the Senators of the five states.

Stating that he was proud that the Corps of Engineers had adopted an environmental mission, Assistant Secretary Page acknowledged that the EMP is an example of what cooperation can do. He told the audience to "watch us as we carry out this model throughout the country."

Assistant Secretary Harriman was delighted with the trip. She said that she was terribly impressed with the EMP that Congressman Gunderson worked so hard to see to fruition. With government cooperation as the hallmark of the Bush administration, she said, "the partnership found on the EMP is a model for the world." She reminded all that it is important to continue this important approach to balance navigation and ecosystem needs and to deal with conflict resolu-

tion. She summed up by saying, "I will be going back to Washington with a vision of the possible that more Americans will share."

Director Turner announced that he had received final approval that morning to double the capacity of the Environmental Management Technical Center. He stated, "I am committed to the EMP, and I can say unequivocally that George Bush is also." Turner also affirmed the importance of the partnership approach. He indicated that there needs to be more funding for mitigation on the UMR and that funding on EMP should be accelerated. He believes that we need to better anticipate the impacts of barge traffic. He said that we should continue to move forward on restoration of wetlands. Turner ended with a salute to the grass roots vision that we have had as well as our love for the resource. He said he will make it a point to come back to the UMR to visit and learn more.

The St. Louis District is designing a new dike field on the river in the St. Louis area. The purpose of the work is two-fold. This section of the river requires considerable dredging to keep the navigation channel open. The dikes should reduce dredging needs.

At the same time, they will be designed with notches and other features that will create habitat diversity (islands, scour holes, and varying water depths and currents) within the dike field. Biologists expect increased use of aquatic and water-oriented organisms along this section of the

(Continued on next page)



Mississippi continued

river. Messrs. Claude Strauser, Steve Redington and Rob Davinroy of the district's Potamology Section should be complimented for their initiative and enthusiasm in designing the dike field in an environmentally sensitive manner.

Congressman Gunderson has asked the Corps to seek a policy change in the Habitat Rehabilitation and Enhancement Program (HREP) to allow each district about \$50,000 annually in EMP funds to address small environmental problems (i.e. severe erosion sites) without going through the detailed planning and reporting process. The Corps' North Central Division has recommended to Washington headquarters that the channel maintenance program handle this suggestion instead of EMP and that each district have \$100,000 available annually to accomplish the work. No word back on this from Washington yet.

Maj. Gen. Kelly told the Inland Waterways Users Board that they need to be better proponents for the navigation improvement projects going on around the country. We wonder if his failure to fully spell out environmental requirements will drive the wedge further between the towing industry and the environmental community. Again its time for all to develop reasonable planning schedules so that history will not be repeated.

Corps cyclists ride for MS

It's not too late to join the team! Eight Corps employees plus two family members will be riding 150 miles on September 8th and 9th. These eight, plus 7,000 more riders, will be rallying in Columbia, Missouri, all in an effort to raise money for the Multiple Sclerosis Society.

Corps commitment to environment

Recently General Carl E. Vuono, Army Chief of Staff, wrote a letter to LTG Hatch, Chief of Engineers. The following is excerpts from General Vuono's letter and the memorandum to all division commanders from LTG Hatch the letter prompted:

According to General Vuono: "Command involvement and commitment to environmental awareness and compliance are essential.

Leaders must understand and take seriously their obligations and responsibilities to preserve the environment and ensure that their units and soldiers are fully cognizant of environmental implications at their particular installations.

Environmental compliance is an

Army challenge and I seek your continued support of this important issue."

LTG Hatch's memorandum states: "The environment is one of my primary concerns.

We must embrace an environmental ethic and apply this ethic every day to be effective stewards of our natural resources. Environmental leadership with a commitment to go "beyond compliance" must be our standard.

Environmental awareness must be incorporated into every element of training for the soldier and the civilian members of our team. Our service to the Army and the nation will be increasingly measured by our environmental leadership."

Pizza for breakfast?

Your body should be fueled up with plenty of nutrients in the morning. A good breakfast keeps you feeling alert and strong right through to lunch time.

Nutritional experts at Michigan State University Department of Food Science and Human Nutrition say, however, that your body doesn't distinguish between traditional foods and off-the-wall breakfasts.

Pizza for breakfast? Sure, why not. Cold pizza and even spaghetti make a fine morning meal.

The experts recommend that we eat about a third of our daily caloric intake for breakfast. For

an average man that might be about 700 calories. For an average woman, it would be about 600.

"What really matters," says Sandra Andrews, assistant professor at Michigan State, "is that fat content be kept down. That's one reason why dinner leftovers may be a good choice. They have fewer calories from fat than a traditional breakfast of bacon and eggs."

To feel better -- and work better -- all day, eat a better breakfast, no matter what style of food you choose.

Volunteers are also needed to work at rest stops along the scenic bike route.

The Corps Team members are: Tim George, PD-A, Greg Hempen, ED-GG, Joy Bode, CT, Doris Miano, RE-P, Leanne Crouch, OD-RS, Stan Ebersohl, OD-R & son,

Sig Groetsch, RO-L & son, and Fred Nierman, OD-F.

Be sure to contact any of the riders and pledge your support for the team. For more information contact the team captains at our RAY Building extensions: Doris Miano at 8158 or Stan Ebersohl at 8632.



To your health

Summer picnic safety

Picnics are a great way to relax with friends and good food. But don't relax food safety considerations. A case of food poisoning can spoil everyone's fun.

Here are some tips from military and Department of Agriculture food safety experts to keep the food safe as well as tasty:

- * When shopping for food, buy perishable items such as meat last. Get them into the refrigerator or portable cooler as soon as possible. Never leave perishables in a hot car while you run other errands.

- * If you are going to use perishable food quickly, refrigerate it. Otherwise, freeze it.

- * Don't thaw meat on the counter. Thaw in the refrigerator

or in a microwave oven. If meat is not completely defrosted when you're ready to leave, just cook it longer at the picnic.

- * Cook everything thoroughly. Cook pork chops and ribs until the pink is gone; poultry should have no red near the bone. Steak and hamburger are safer when cooked until well-done.

- * Clean your hands before cooking and after tasting. If there's no water faucet, use disposable hand wipes. Utensils and dishes that touch raw meat should not be reused for serving - unless they're thoroughly washed.

- * Keep hot foods above 140 degrees and cold foods below 45 degrees Fahrenheit. Invest in a thermometer to check temperature range.

- * Keep perishable foods in a cooler as long as possible. Pack the cooler with plenty of ice or use an ice pack. Try to keep it in the shade.

- * The high-acid content of commercial mayonnaise actually helps protect foods from spoiling. But homemade mayonnaise, if made without vinegar and lemon juice, could be risky.

- * Keep food covered to avoid exposing it to flies and common bacteria.

- * If you were gone no more than five hours and your perishables were kept on ice except when cooked and served, you may be able to save the leftovers. But when in doubt, throw it out.

Salmonella: Summer trouble

"Summertime and the livin' is easy."

Of course, George Gershwin was not thinking about bacteria that cause food poisoning when he wrote the famous song. But according to an article in *FDA Consumer*, 95 percent of the salmonella-caused illnesses in New York state last year occurred in summer. Of course, given the right conditions, salmonella can strike in any season.

Salmonella has caused concern among public health officials because the rate of infection has

been going up. According to Dr. Robert Tauxe of the Atlanta-based Centers for Disease Control, the reported rate of salmonella has increased more than sixfold in the northeastern United States since 1976. The rates have also increased in the southern United States and foreign countries.

Symptoms usually include diarrhea, vomiting, abdominal pain, chills, fever and headache. Much more frequently than not, healthy people make full recoveries from the nasty bug. But the bacteria sometimes invades

organs outside the gastrointestinal tract, which can lead to complications sending even the previously healthy to the hospital.

FDA Consumer advises that while this should not cause alarm, people should be careful. Pregnant women (because the infection can pass to the unborn child), the elderly and people with weakened immune systems should be particularly cautious.

Food and Drug Administration writer Dale Blumenthal reported that last July, 21 guests at a baby

(continued on page 15)



Retiree Review

Editor's note: With the absence of Clyde Wilkes, several people provided information for this retirees review. This is a compilation from info provided by Katy Crossley, Roger Cuddeback and Mary Lou Lawson. Thanks to them for taking the time to send in their deathless pros.

In spite of the 90-plus temperature, there were 43 people at the July luncheon.

Elmer and Estelle Huizenga were back. Elmer was resplendent in an aqua jacket with coordinating plaid tie. He took over as the Master of Ceremonies (a.k.a. Chief BSer)(these are Roger's words).

Catherine Kleinecke made her first appearance of the year, and Lorene Stoffel and Katy Crossley were back after a four-month absence.

Roger Cuddeback and Kate Stiles continued their faithful attendance. The usual regulars - the Wisemans, Don Wampler, Kugler, Miles, Virginia Dillow, Howard Beinke and many others were present.

Jim Baker was present, first time since recent (unnamed) surgery.

Dave Lytle was very happy to be back after having had a quintuple-bypass and an aneurysm removed. Dave gave an interesting talk about his experience, his gratitude for coming through it all and couldn't say enough nice things about the doctors and staff at Missouri Baptist Hospital.

Elmer reported that Lou Schuermann was undergoing surgery the day of the luncheon. It was hoped that the surgery was not major and that Lou would be back soon.

Elmer also reported that Joe Vishy was hospitalized near death. Joe's death was reported in the Saturday Post-Dispatch. He died on Thursday 19 July. The retirees express their sympathy to Mary Jane and all of Joe's family. He will be missed.

Roger Cuddeback reported on Ulas Wilson. He is still at home, has completed his X-ray treatments and is improving. We all wish him well.

Roger also reported that he had lunch in early July with former District Deputy LTC John Wilkes who is now the Commissioner Engineer on the Board of Land Commissioners of the Department of Natural Resources of the State of Colorado. It's a position

appointed by the governor. John sends his regards to all his friends in the District.

Elmer said the story in the last ESPRIT about his hole-in-one at the golf tournament at Rend Lake was only partially correct. He did make the hole-in-one in the gopher hole, but he couldn't count it because the gopher kicked the ball back out of the hole.

The District was represented by Mary Lou Lawson, secretary in the Public Affairs Office and Norma Hall from EEO. Mary Lou talked about the upcoming move to the RAY Building. Many sighs of gratitude could be heard from the retirees, thanking their stars that they didn't have to go through all that work again.

Clyde Wilkes was among the missing, but fortunately was not on the sick list. He was enjoying a trip out west.

There was some discussion about the possibility of moving the luncheon to another location. Many people don't like to carry trays and would rather sit down and be served. Howard Beinke had checked with Pietro's about returning there. They said the price would be the same, but the third Thursday wasn't available. He said he would check on menu and price and time and report back. This discussion will continue in August, so why not come to the meeting and put in your two cents worth on this important topic.

The meeting ended with a birthday salute to Ruth Pollaro.

See you on August 16th at the Salad Bowl.

Retirees

Mr. Teddy Sampson retired on July 28. Mr. Sampson served aboard the Dredge Potter. He had 28 years of federal service, almost 25 years with the St. Louis District.

Condolences

This is a sad postscript to the Retiree Review. Dave Lytle, who addressed those at the luncheon on Thursday the 19th about his recent surgery, passed away Monday morning, 30 July.

Dave was chief of the Instrumentation and Evaluation Section of Geotechnical Branch when he retired in 1985 after 26 years with the District.



Summation of questionnaire on dead-end jobs

Some quite interesting observations and conclusions can be made by using results of the questionnaire on dead-end jobs sent to employees in February. In fact, the responses in themselves were, to some extent, quite unexpected.

Approximately 30 percent of the District personnel responded to the questionnaire. Of these, 53 percent were at the top of their grade with little or no promotion or growth opportunities but 83 percent were actively concerned. While 83 percent like their jobs, 61 percent would change fields if the opportunity was provided, even if they were to be reduced in grade for a while. Only 46 percent are aware of the various means they have for promotion within new fields, although 54 percent are aware of promotional opportunities within the upward

mobility program. Interestingly, 74 percent knew what an IDP is although only 55 percent have them. Thirty-five percent discuss their IDP regularly with their supervisor.

Perhaps not too surprising, 95 percent know how to complete a standard form 171, 80 percent can complete the KSA requirements, but only 51 percent felt confident enough to fill out SKAP ratings (perhaps in part because not everyone has had experience with or is involved with a work field that requires SKAPs). However, 79 percent would be willing to attend training to learn how to best prepare their SKAPs; and 77 percent would attend training that would enable them to better make out a Standard Form 171.

While on the subject of train-

ing, 77 percent would enjoy more training in managerial fields, while 87 percent vie for technical field training. Finally, an amazing 87 percent are interested in professional career counseling and aptitude testing if the Corps offers it.

A breakdown of participants by grade reveal little. First of all it was optional so all participants in the questionnaire didn't opt to fill out the grade information. About 83 percent did though, and, of those, about 10 percent were Wageboard, 5 percent were GM or commissioned and, of course, 85 percent were General Schedule. Grades GS -3 through 5 made up 23 percent; 6 through 11 - 40 percent; 12s and 13s - 22 percent; and, as stated previously, 10 percent Wageboard and 5 percent GM or Commissioned.

Corbin's Comments (cont.)

may be your own or your best friend's. Keep up the Fantastic Effort!!

I sent letters and certificates to those of you in the "Fit-To-Win" Program who did well in the "weight loss" competition. That program has been a great success, at least for those in it. It is your program and will do for you whatever you want it to do. While I'm a "physical fitness freak," as most of you know, I try very hard not to superimpose my personal beliefs or life style on anyone else. I would hope that those who have found the profoundly positive influence exercise, good food and good health can have on yourselves and those around you would export that knowledge to others. Life's worth living to the fullest and, as

far as I know, we only go around once.

Again, it's good to be back! See you next month.

Salmonella continued

shower became ill after eating a pasta dish made with raw egg. The honored guest, who was 38 weeks pregnant, delivered her baby while ill. The newborn required lengthy hospitalization for salmonella blood poisoning. In another case, a healthy adult man died after contracting salmonella poisoning from an egg-based custard pie at a company party.

Raw or undercooked shell eggs are the suspects in more than half of salmonella cases. Therefore, the Food and Drug Administra-

tion recommends following some egg safety tips:

- * Use pasteurized eggs that have been broken and heat processed.

- * Avoid serving raw eggs and foods containing them. Caesar salad, Hollandaise sauce, homemade ice cream and homemade mayonnaise can carry the bacteria.

- * Avoid lightly cooked egg dishes, such as French toast, if you are in a high risk group.

- * Cook eggs until both the yolk and white are firm, not runny.

Cook scrambled eggs for one minute at 250 degrees Fahrenheit; poach eggs for five minutes in boiling water; cook sunny-side eggs for seven minutes at 250 degrees Fahrenheit; and boil eggs for seven minutes.